

Snack Standards

1 Require snacks meet all of the following criteria, per package:

Calories: no more than 200 calories

Total fat: no more than 7 grams

- ⋮ Nuts, seeds, nut butters and cheese are exempt
- ⋮ Products containing nuts or nut butters are exempt

Saturated fat: no more than 2 grams

- ⋮ Nuts, seeds, nut butters and cheese are exempt

Trans fat: 0 grams trans fat

Sodium: no more than 200 mg

- ⋮ Cottage cheese: no more than 400 mg

Sugar: no more than 10 grams

- ⋮ Fruit and vegetable products with no added sugar are exempt
- ⋮ Yogurt: no more than 30 grams sugar per 8 ounces

Fiber: contain at least 2 grams of fiber, if product is grain/potato-based (e.g. granola bars, crackers, pretzels, cookies, chips)

2 Require calorie information is posted for each food item, as packaged.

3 For programs serving children age 18 and under: products cannot contain artificial flavors, artificial colors, artificial sweeteners, or other non-nutritive sweeteners (e.g. stevia, erythritol).

4 Recommend limit grain/potato-based snacks to no more than 50% of food items in machine.

Follow these standards to provide healthier food options.

Organizations, such as hospitals, worksites, and community-based organizations can adopt the Standards to improve the food environment for employees and visitors.

These standards apply to all types of food vending machines including non-refrigerated “snack” and refrigerated machines.

Snacking in excess can lead to weight gain. Snacks, when consumed, should add healthy nutrients to the overall diet and help curb hunger.

Meal Standards

Meal items include salads, sandwiches, burritos, and combination packaged items, such as tuna lunch kits. Breakfast breads and pastries must meet the snack standards.

1 Require each meal meet all of the following criteria:

Calories: no more than 700 calories (all items \leq 200 calories must follow snack standards)

Total fat: no more than 35% of calories

⋮ Salads: no more than 60% of calories

Saturated fat: no more than 10% of calories

⋮ Salads: no more than 20% of calories

Trans fat: 0 grams trans fat

Sodium: no more than 800 mg

⋮ Soup: no more than 480 mg per 8 ounces

Sugar: no more than 35% of calories

2 Refrigerated machines must stock fresh fruit and vegetable items.

3 Require calorie information is posted for each food item, as packaged.

4 For programs serving children age 18 and under: products cannot contain artificial flavors, artificial colors, artificial sweeteners, or other non-nutritive sweeteners (e.g. stevia, erythritol).